The Power of Fear

What are you afraid of?

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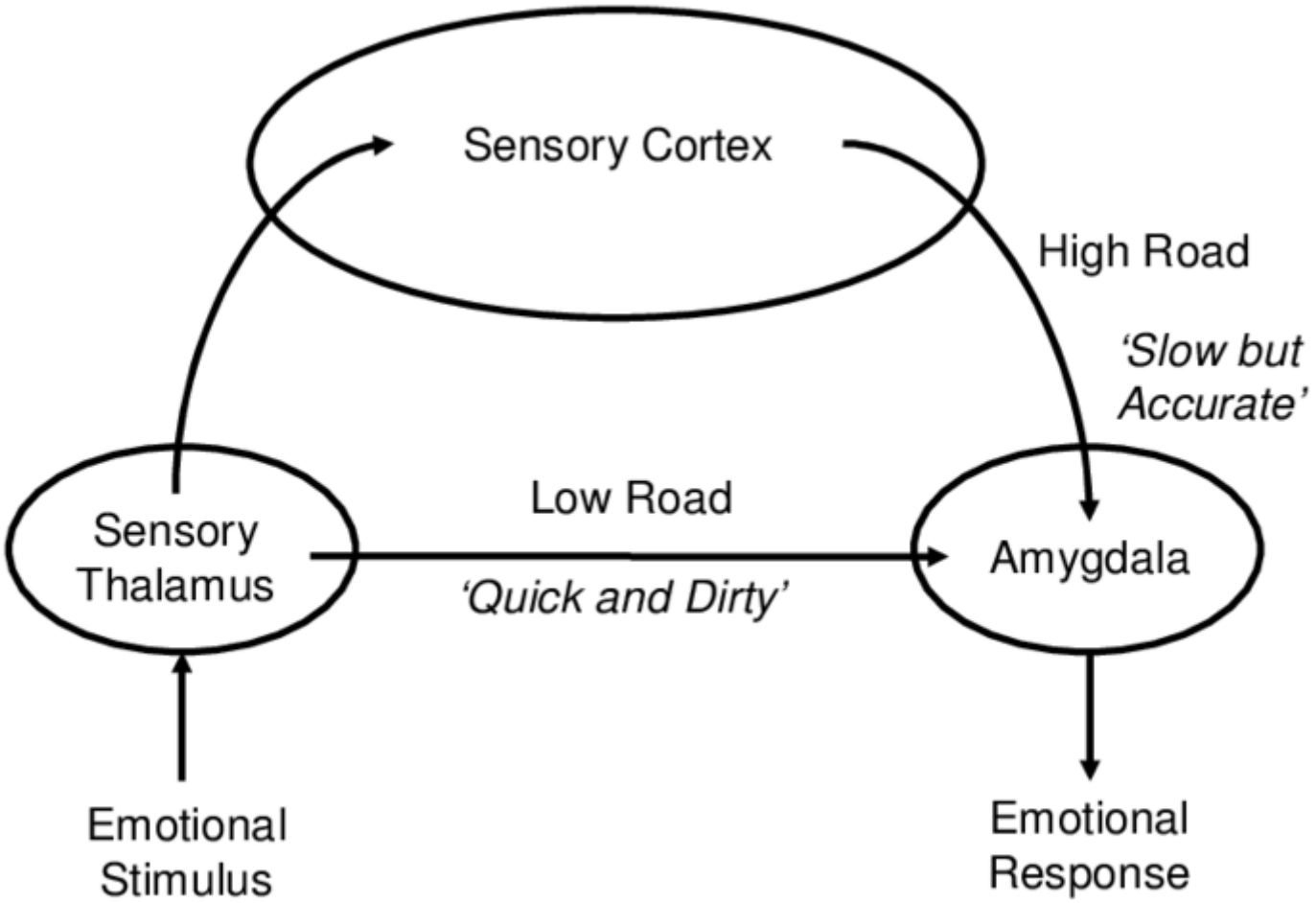
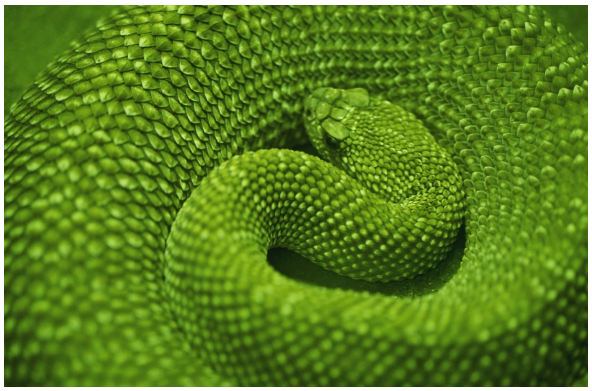
NEXTIONS CONSULTING

Your Brain on Fear





NEXTIONS CONSULTING

Your Brain on Fear

Repeated Exposure to Media, Narratives,
and False Cause & Effect Logic

Lack of Exposure to Facts, Actual Realities,
and Uncomfortable Truths

Lack of Critical Dialogues, Openness to Questions,
and Avoidance of Discomfort

Too Much STUFF (Stress, Time constraints,
Uncertainty, Fatigue & Fear)

NEXTIONS
CONSULTING

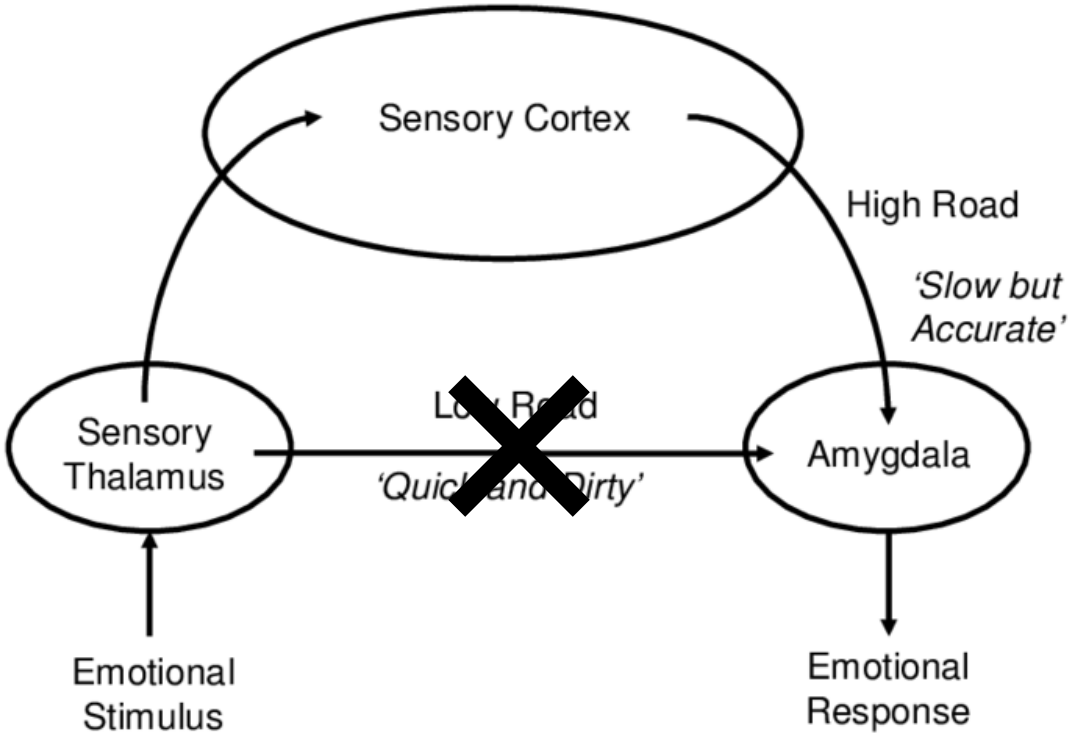
The Power of Courage

Think of a time when you were really brave…

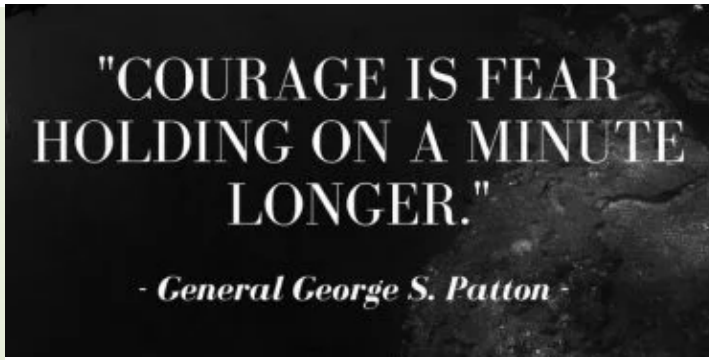
_____

NEXTIONS CONSULTING

Your Brain on Courage



"Fear is a reaction. Courage is a decision."
Sir Winston Churchill



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Choose Courage

I can choose courage by...

_____

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NEXTIONS CONSULTING